

**\*\*I had to zoom out the webpages to see the full website\*\***

tss\_bike

TRI  
and Succeed Sports

[Home](#)  
[Running](#)  
[Cycling](#)  
[Swimming](#)

## Improving your Cycling

TSS offers its 10<sup>th</sup> indoor season of cycle training this winter. Bring in your road bike and connect it to our VirtualRide cycling trainer. VirtualRide is a fully equipped system with over 250 courses providing real-time feedback on power, heart rate, speed, and stroke efficiency. The first weeks will include a lot of low intensity cycling and stroke analysis to build a strong base for later classes. This is a fully coached course led by Alison Palmer, MA, CSCS, USAT Level II and David Young, BS, USAT Level I. Our TSS Coaches will not be working out while you are! They will be focusing on improving your form during your workout for you to get the best results. By the end of the course we will move into workouts of greater intensity and duration to prepare for the upcoming summer.

The course meets for 90 minutes twice a week. You have the choice among the following morning and evening sessions:

- 6:00 AM - 7:30 AM (WF)
- 5:00 PM - 6:30 PM (TS)
- 7:00 PM - 8:30 PM (WF)

### Course Outline

Make sure you bring your road bike to all classes. We do not have spare bike for you to use!

I. Week 1

- A. Orientation
- B. Bike Fitting
- C. Learning about the Trainer
- D. Interpreting Biofeedback
- E. Your Cycling Posture
- F. Stroke Analysis
- G. Initial Time Trial

II. Week 2

- A. Stroke Analysis
- B. Proper Pedaling Technique
- C. Improving your Cadence

III. Week 3

- A. Power Analysis
- B. Lactate Thresholds

IV. Week 4

- A. Power Intervals Phase 1
- B. Power Intervals Phase 2
- C. Hill Climbing

V. Week 5

- A. Stroke Analysis
- B. Efficiency Drills
- C. Recovery Cycling

VI. Week 6

- A. Understanding Pace Lines
- B. Handcycling
- C. Power Intervals Phase 3

VII. Week 7

- A. Endurance Cycling
- B. Endurance Test 1
- C. Endurance Test 2

VIII. Week 8

- A. Mastering Sprints
- B. Time Trial Assessments
- C. Getting Ready for the Outdoors
- D. Bicycle Maintenance
- E. Roadside Repairs
- F. Team Cycling
- G. Hydration and Nutrition

Tri and Succeed Sports • 41 Vassar Dr. • Austin, TX 78778 • 512.255.8907

tss\_home

TRI  
and Succeed Sports

[Home](#)  
[Running](#)  
[Cycling](#)  
[Swimming](#)

Links

[Home](#)  
[Running](#)  
[Cycling](#)  
[Swimming](#)  
[Austin.com](#)  
[Running World](#)  
[endomondo.com](#)  
[Strava](#)  
[Bicycling Magazine](#)  
[VeloNews](#)  
[Bicycle Rider](#)  
[Bike Journal](#)  
[Swimming World](#)  
[USA Swimming](#)  
[Triathlon.org](#)  
[aquatrition.org](#)  
[Triave Triathlon](#)  
[CaféNo Triathlon](#)  
[Triathlete Calendar](#)  
[Triathlete.com](#)  
[Triathlete.com](#)

## About TSS

Since 2002, Tri and Succeed Sports has provided Austin with a first class training center for athletes of all abilities and goals. We specialize in helping you reach your full potential. You tell us what you want to do; we work to fulfill your needs.

Want to swim? Great! Interested in improving your cycling? Fantastic! Want to tackle a triathlon? We're there for you before, during, and after the race. Or do you just want to get more fit? We are on it. We customize our instruction to match your goals. And you will finish what you start.

### Classes

Winter instruction starts soon. Get a jump on your summer goals by joining us for individual or group instruction in:

- 🏃 **Running:** We start with the basics to help you run faster and farther than you ever thought possible without aches and pains.
- 🚴 **Cycling:** The indoor bike trainers at TSS include everything you need to refine your technique, stamina, and power for improved results on the road.
- 🏊 **Swimming:** The open water swim can be one of the most frightening sports to master. Our classes begin with basic techniques so that your swim can be very enjoyable, and not a chore.

Contact us to set up individual instruction and assessment.

### Our Philosophy

Athletes are the foundation of every successful training program. The best coach is an experienced guide who begins with each athlete's hopes, dreams and desires and then follows a training plan based on that individual's current fitness and lifestyle. Since 2002, TSS has helped hundreds of individuals achieve success in many fitness areas. The winner is not the one who finishes first but anyone who starts the race and perseveres. Join us and begin exploring the possible.

## Comments

☞ Thank you for all that you have done. I am amazed at your progress. I realize that I have lofty goals but you have no wall on my way.

☞ Alison kept me focused, working toward my dreams, she fosters a supportive and caring environment for growth as an athlete and as a person. Thank you!!

☞ You do it right! Your track record proves it. I need to be a TSS athlete and I'm honored to have you all as my coaches and support team!

☞ The coaches at TSS treat you with the highest respect and offer precise and individual guidance. I've been on the first race or an elite athlete looking for the One Plan. They know their stuff!!

☞ I just completed my first marathon. Following your fitness schedule to the letter. I hope you and I come closer to breaking and two days later I will really be another coach!!

Tri and Succeed Sports • 41 Vassar Dr. • Austin, TX 78778 • 512.255.8907

tss\_run

